

COVID19

Assessing Impact on Mental Health



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COVID 19: At Risk Population



Seniors

Older citizens >65 years and people with chronic conditions/ diseases



Weak/ Susceptible to Infections

Smokers, patients with Cardiac problem, diabetic condition or with suppressed immune system



Children and Teens

Children with health conditions, teenaged smokers, drug addicts or with any underlying medical conditions such as cancer, asthma etc.



Health Care Provider

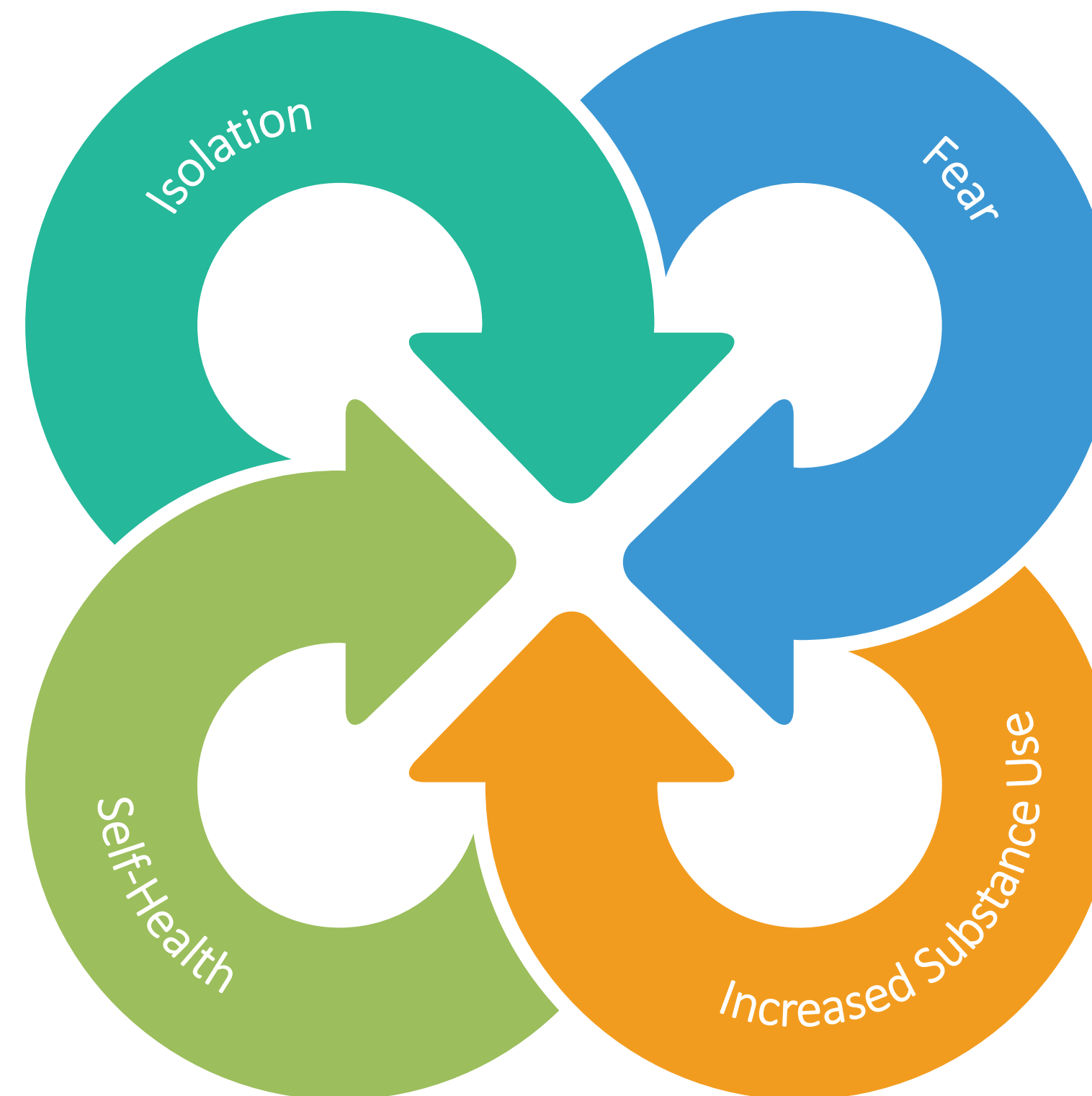
Doctors, Nurses, Paramedics or those in Healthcare environment

Nearly one-in-five Americans say they have had a physical reaction when thinking about the outbreak*

Identifying Stress Indicators

- Feeling of loneliness
- Feeling isolated

- Self-health worry
- Changing sleep or diet patterns
- Lack of concentration



- Constant fear
- Grief for loss of normalcy

- Increased use of alcohol, tobacco or other drugs

Adverse psychological stress indicators in healthcare workers at Wuhan, China, during COVID 19*

50%

Depression

45%

Anxiety

72%

Distress

34%

Insomnia

*Mental Health Effects of COVID-19 on Healthcare Workers in China [Peter Roy-Byrne, MD](#) reviewing [Lai J et al. JAMA Netw Open 2020 Mar 23](#)

Understanding COVID-positive Patient's Stress

HEALTH/ MENTAL HEALTH

- Mixed emotions, constant worry about everyone's health
- Losing hope or stress from the experience of being constantly monitored

INTERPERSONAL

- Increase stress of cohabiting with an abusive partner
- Increase in suicidal thoughts or fear paranoia of a global pandemic
- Feeling sad or angry over being in an infectious state

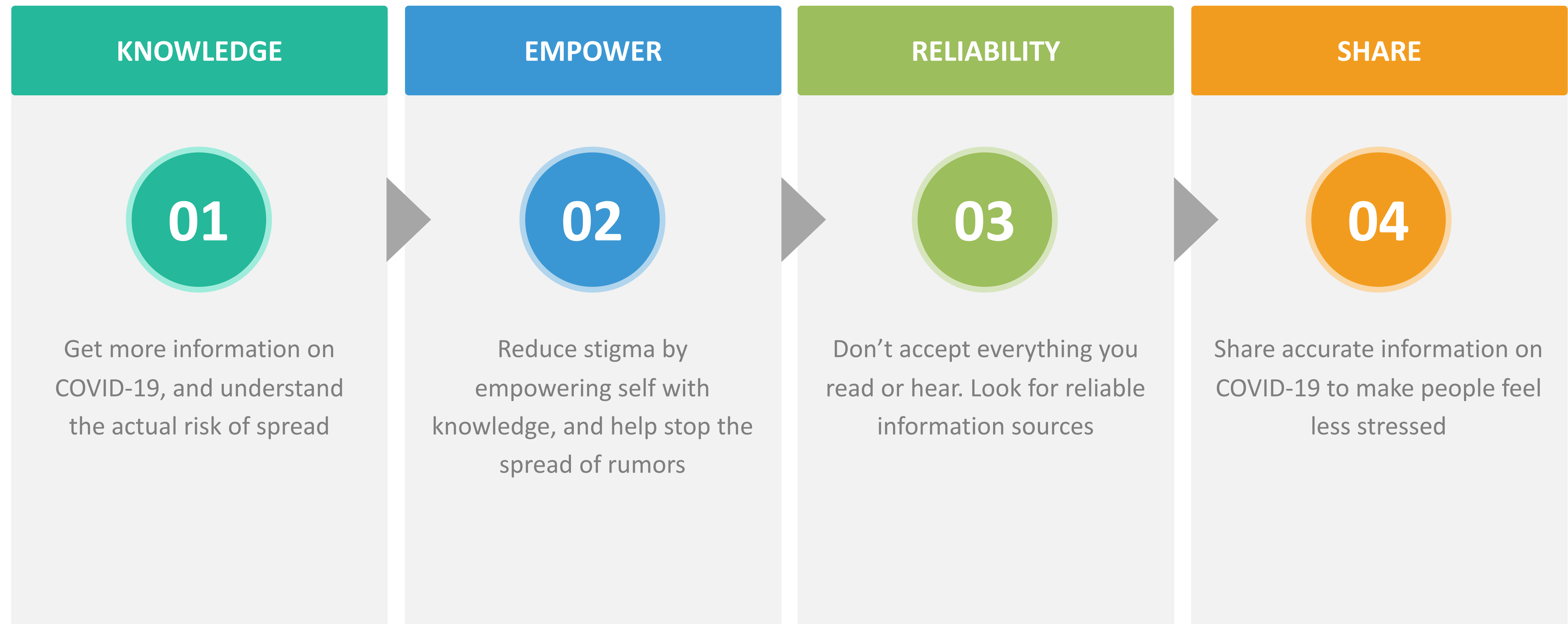
FINANCIAL

- Worries over financial well-being, and meeting future financial commitments
- Fear of being unemployed, or potential bankruptcies

One-third of adults ages 18 to 29 are in the high distress group, compared with just 15% of adults 65 and older.*

*Pew Research Center March 2020 Survey <https://www.pewresearch.org/fact-tank/2020/03/30/people-financially-affected-by-covid-19-outbreak-are-experiencing-more-psychological-distress-than-others/>

4-Step Process to Reduce Stress



Supporting Self-Health and Wellness



Physical/ Mental Breaks

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



At-home Exercises

Yoga, Dance workouts, Brisk Walk, Jog, Meditate, Deep Breaths and Stretch



Eating Healthy

Healthy, Well-balanced meals, min 8-hr sleep.



Maintaining Regular Schedule

Create and maintain a schedule



Stay Connected

Stay connected with family, friends, and support systems



Share Fear and Concerns

Talk about your fears and concerns with people you trust as well as be supportive to others.



Keep Immune Strong

Eating well, staying hydrated and taking vitamins (C/ D)



Prioritize Personal Hygiene

Prioritize personal hygiene, limit contact with others

Staying Informed/ Exercising Restraint



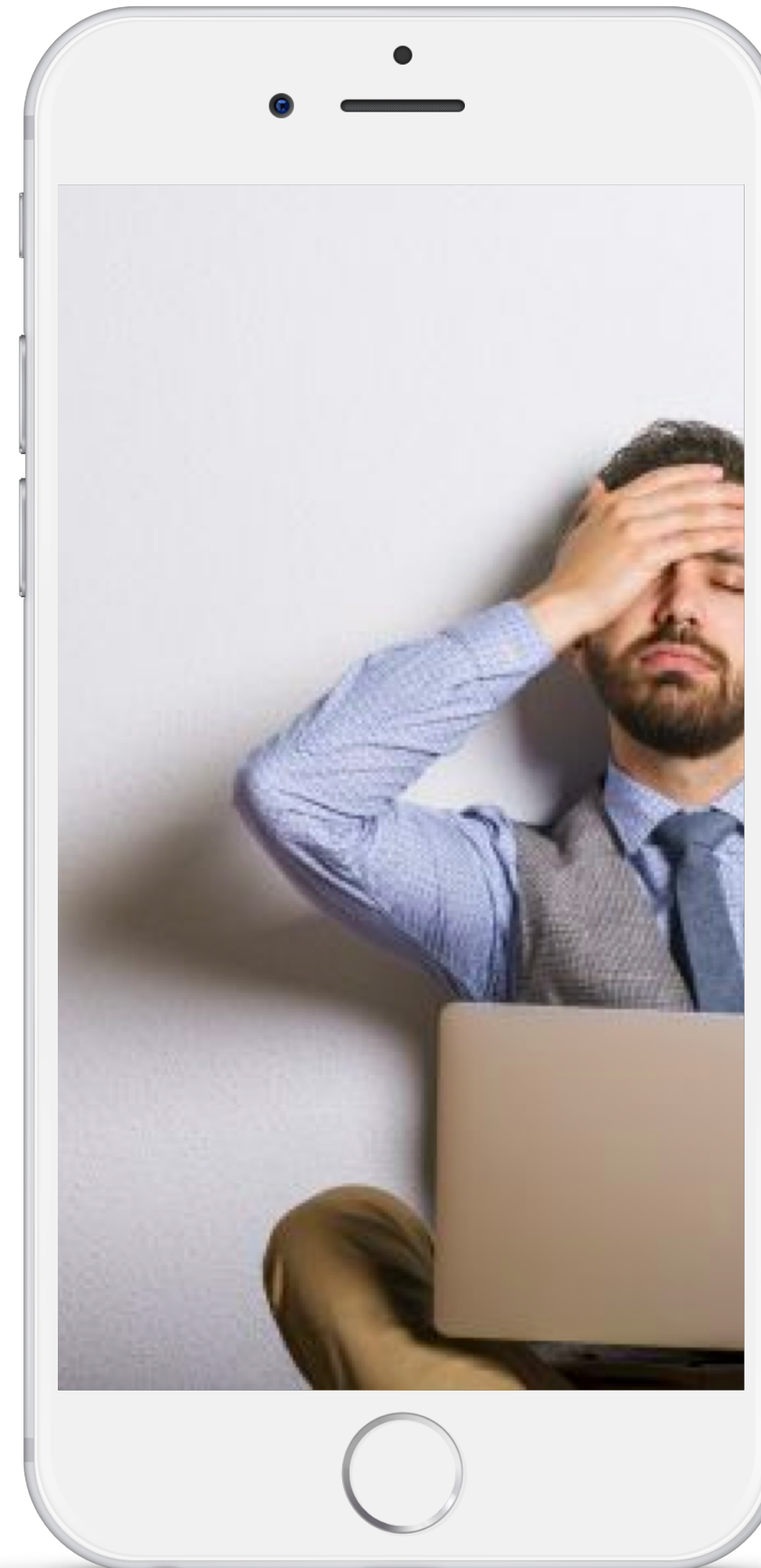
Stay Informed

Stay informed on the latest updates from reliable sources such as Centers for Disease Control (CDC) and the World Health Organization (WHO).



Limit Media Consumption

Avoid continuous exposure to news or social media that may trigger or elevate anxiety, stress, or panic.



Workplace Boundaries

Set boundaries on work schedule, and follow the schedule with healthy boundaries



Winning by Avoiding

Distract and redirect: Engage in activities that benefit your well-being, bring you joy and distract you from existing challenges.



Reliable Information Sources

General Information



Centre for Disease Control CDC
<http://cdc.gov/coronavirus>



World Health Organization
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

State-specific Resources



NY-New York Dept of Health
<http://coronavirus.health.ny.gov/>

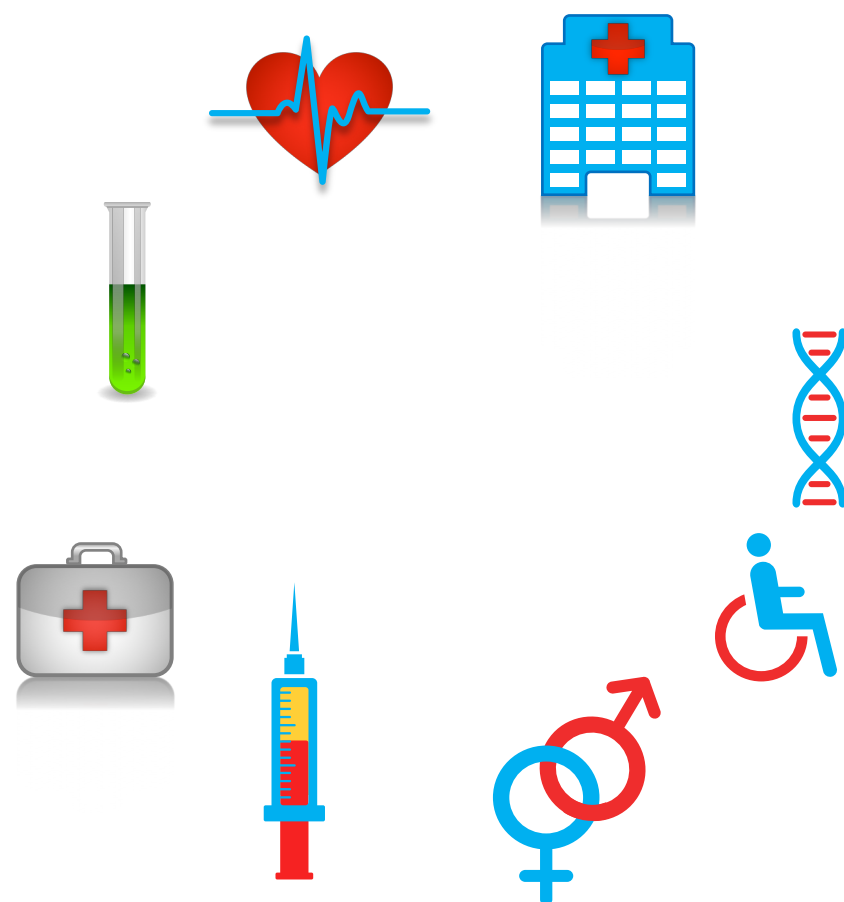


NJ- New Jersey Dept of Public Health
<http://www.Covid19.nj.gov>



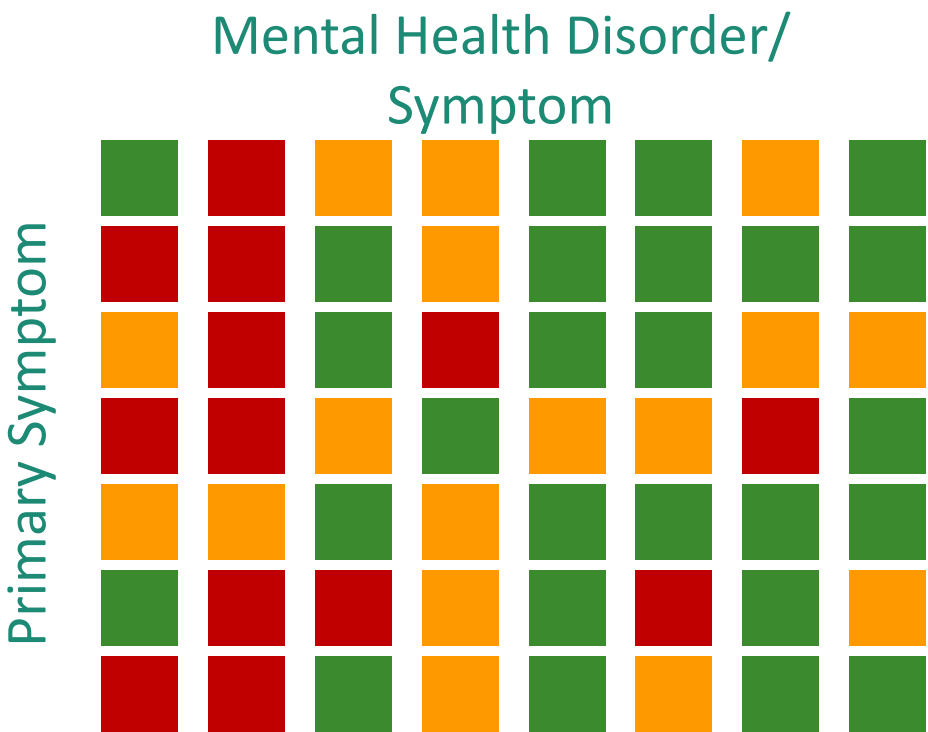
Patient-centric

- Patient-centric healthcare delivery platform
- Patient empowerment via multiple channels, improving health outcomes and lower costs



Healthcare Ecosystem

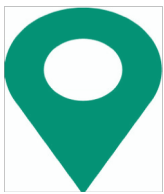
- Collaborative, integrated primary and secondary physician network for referrals
- Integrated community-based support for improved patient outcome



Advanced Analytics*

- Analytics-supported health condition mapping, improving patient outcome
- Identify and assess patients in need for mental health and/or primary care support

*Under development



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